

# Parenting the First Year



## How Baby Is Changing

Many babies begin crawling during the ninth month. They're excited to move around on their own. Your baby's first efforts to crawl will probably be toward something — a favorite toy or you. Don't be surprised if she falls a few times while getting started. Keep her on a soft blanket or carpet.

Don't be worried if your baby never crawls. About 30 percent of babies skip crawling entirely and it has no effect on their later development.

Does your baby like to drop things from her crib or high chair for you to pick up? Now she knows that the toy or food she drops will land on the floor, and she likes to see and hear the things drop. This may be annoying, but it's an example of how your baby's memory is developing.

As your baby begins to move about on her own, exploration becomes an important way for her to grow both her muscles and her mind. When you allow freedom to move and explore with supervision and safe limits, she has new experiences that encourage learning.

## Months 9-10

## Learning To Talk

Talking to your baby makes a difference. Imitating and responding to your baby's sounds helps him understand language.

Parents who respond when their baby "talks" make talking more interesting and important to him.

Encourage him to practice talking by playing games with him. When he makes sounds, repeat them back to him. Pause and give him a chance to answer.

Your imitation excites him and may cause him to repeat the sounds. Keep listening! You may hear tones that sound like words in your baby's babbling.

"Parentese" is the word researchers use to describe the special way parents all over the world talk to their babies. Children seem to connect meanings to words faster when they hear this high-pitched, singsong style of speech.

Your baby may have a sound, like "ba," that he uses to mean many different things. These "words" mean talking isn't far away. Between 10 and 12 months, he might have a real word or two mixed in with the babbling.

Baby talk such as repeating words (choo choo), ending words with an "ee" sound (doggie) or using words with syllables (mommy, daddy) will help your baby learn to talk. However, baby

talk such as "isn't oo mama's precious uzzums" doesn't help him learn because it's hard to understand and some of the words don't mean anything.

## Reward Good Behavior

Before your baby's first birthday, discipline is simple. It means teaching him limits through loving care and guidance.

Many parents pay attention to their children's behavior only when it upsets them. This teaches a child that attention only comes when he does something wrong.

*Your attention is your baby's best reward.* Use it to encourage good behavior!

When he touches something you don't want him to have, give him another toy or point him toward something else. For example, tell him, "Glasses are not a toy. Here are your blocks to play with."

Sometimes your baby won't be happy with the decisions you make and will fuss. You may even be tempted to give in to him. Be gentle but firm because he needs to learn about limits.

Limits are necessary for your child's safety and well-being. You can set limits while giving him freedom to explore and grow in a safe place.

Never use food as a reward.

# Your Baby Wants You To Know by the End of Ten Months

## How I Grow

- I may crawl and turn around while holding something in one hand.
- I can crawl up stairs, too.
- I may sit by myself and turn my body all the way around without losing my balance.
- I stand for a little while if you hold my hand.
- I poke my fingers into holes and other interesting places.
- I pick up small things with my finger and thumb and big things with both hands.
- I pull myself up by holding on to furniture, but I may have trouble getting back down.

## How I Talk

- I understand some words, my name and simple sentences.
- I repeat one or more sounds over and over.
- I listen to people talking and try to imitate the sounds.

## How I Respond

- I like to watch people scribbling on paper.
- I like to perform for people. I love it when they applaud!
- I sometimes want praise for my accomplishments.

## How I Understand

- I try to figure things out by myself.
- I know that if I look at things upside down or cover my eyes, they'll look different.
- I get upset if my toy is taken away from me.
- I may remember a game, person or toy from yesterday.
- I can tell what mood people are in by looking at them.

## How I Feel

- I'm very sensitive. If I see another baby cry, I may cry, too.
- I may become afraid of a lot of things that didn't bother me before, like taking a bath. I may be afraid of heights.
- I'm very determined and sometimes stubborn. It's all part of my growing up!

## How You Can Help Me Learn

### He or She, Him or Her

These newsletters give equal time to both sexes. That's why we take turns referring to children as "he" or "she." Keep in mind that we are talking about all children when we use "he" or "she."

- Talk to me. Listen to me. Take turns.
- Praise me when I do something new. I need your encouragement.
- Give me finger foods so I can practice picking up small things.
- Read to me every day.
- Provide furnishings that challenge standing and cruising from place to place, to climb, to bounce or to balance.

*Children are very different from each other. Don't worry if your child manages some skills earlier or later than other children. Most children tend to focus on one area, like physical or language development, and pay less attention to other areas. Get to know your unique baby and celebrate each new skill with him!*

## Disciplining Your Baby

Every parent uses some form of discipline with children, but no one should ever hit a child. **No baby should ever be spanked.**

In North Dakota it's illegal to abuse or neglect a child to the point where the child is harmed.

Spanking your baby is dangerous. Many babies are injured this way.

Spanking makes your baby cry more, which makes you feel bad, and it has negative lasting effects, which teaches your child to hit.

Babies are too young to understand they have done something wrong, so they won't learn what they should do from a spanking. They are not old enough to reason with and are naturally curious. They can't be expected to understand what's "yes" and what's "no."

Not until they are about 18 months old do they have an understanding that they are a person who is separate from other people.

When your baby does something you don't like, move her to an activity she likes.

Your baby may upset you by waking you up at night, crying a lot or messing a diaper just as you put it on. She doesn't do this on purpose to make you mad.

**Discipline means teaching, not punishing. Teach your child what is O.K. to do or play with instead of punishing with a spank.**

### Instead of spanking:

**Prevent** situations where your baby might do something you don't like. Move that vase to a higher shelf. Put a gate on the stairwell. If she does something you don't want her to repeat, think of ways you could keep it from happening again. Create a trouble-free environment!

**Ignore** behavior that is annoying, but not harmful. If your baby pulls everything out of your sock drawer, just take a deep breath and ignore it. If you pay too much attention, it *teaches* her to do things like this to get attention from you.

**Distract or redirect** your baby from things you don't want her to have or do. If she has your keys and you need them, don't just grab them. Instead, interest her in some other toy or activity. Then she will let go of the keys. It's easier to get her started on something else than to take something away from her.

**Show love and attention** when your baby plays well. Don't become a parent who only notices the child when she has done something you don't like. Notice the good times, and give your baby a smile, a laugh, a hug. **Your attention is your baby's most important reward. Use it to encourage behavior of which you approve.**

**Freedom within limits.** Your baby needs freedom to explore, but she also needs limits. Your good judgment can provide both. Babies kept in playpens or high chairs for much of the day have too little freedom and are too limited. Your baby needs freedom on the floor to explore. That doesn't mean the basement stairs or garage! That is too much freedom and is too dangerous.

## Fears and Insecurities

When your baby can stand up alone, he becomes aware of many new things, and some of them can be scary.

Loud noises, such as the vacuum cleaner or the blender, may frighten your child. He may even refuse to be bathed in the big bathtub. Try bathing with him, or give him sponge baths in the tub.

Don't laugh at your infant's fears. They are just as real to him as your fears are to you. Comfort your baby, then encourage him to explore the thing he is afraid of. For example, let him touch the vacuum cleaner when it's unplugged if he wants to.

Your baby will grow out of these new fears with your understanding and help.

More information is available in a free publication called *Children and Fear* (HE458), which is available from any county office of the NDSU Extension Service.

## Reminder to Parents Who Have Children in Child Care

North Dakota child care laws specifically state, "No child may be punched, spanked, shaken, pinched, bitten, roughly handled or struck by the caretaker or any other adult in the facility."

# NEVER NEVER NEVER Shake a Baby

## Act — Don't Just React

Babies who hear “no” and “don’t” all the time often have problems learning what they should be doing. They need to be able to explore and experiment to learn what they should and should not do.

If you find yourself saying “no” all the time, change some things in the places where your baby spends time. Move that plant to a high shelf. Put safety latches on the kitchen and bathroom cupboards. Move the outdoor barbecue to a spot where she can’t go.

These changes will make life easier for you, and you won’t have to discourage your baby’s curiosity so often. Besides, it’s easier to change your living room than to stop your child’s curiosity!

Sometimes you have to say “no” to a baby. That’s O.K. Just don’t overdo it.

## Babyproofing When Baby Can Stand

Once your baby can stand, she can reach farther and higher. She can reach things that were out of her reach before. Look at each room in your home again. Get down on the floor and see the room through the eyes of a child. Watch for *new* hazards.

- When your baby uses furniture to pull herself up, she can pull things over. Remove wobbly tables that could tip over. Fasten bookcases to the wall if they are not sturdy. Remove scatter rugs that may slide under the child. Keep safety gates at stairways in place and locked.
- Set her crib mattress to the lowest level. Remove bumper pads and large stuffed toys she could step on to climb out.
- Be especially alert for dangling electrical cords, tablecloths or curtains that she could pull down or get tangled in.
- Keep medicines, cleaners, pesticides, alcohol, any poisons, latex balloons, cigarette lighters, scissors and other dangerous items locked or out of your baby’s reach. Use safety locks on drawers and cupboards.
- Turn pot handles toward the back of the stove.
- Turn the water heater down to 120 degrees F in case your baby turns on the faucet while in the tub. This saves money, too.
- Never leave your baby alone in or near water, even for a minute.
- Empty five-gallon buckets and wading pools.
- Don’t let your baby stand up in the grocery cart at the store. Use a safety strap to keep her seated.
- Use safety straps in her high chair. If she tries to stand up, she’s probably done eating and ready to be put on the floor to play.
- Set hot foods to the back of counters and never on tables with tablecloths.
- Do not tie toys to your baby’s crib or playpen. The string can choke her.
- Remember, babies in walkers can fall down stairs, pinch their fingers, reach higher objects and move faster than adults can react.
- Remove all guns from places children play or can reach. Store guns and ammunition separately in locked compartments.
- Keep recliner chairs in their upright position when not in use and keep children from playing on the leg-rest. A child’s head and neck can get trapped if the chair folds up.





## Sisters and Brothers

This can be a hard time for your baby's brothers and sisters. Now that your baby is moving around, he can get into toys and your other children's favorite things.

It's common for older brothers and sisters to rush by the baby as he tries to stand up, knocking the infant down, or to roughly grab their toys back from his grasp.

Your baby will need to form a relationship with his brothers and sisters. *As long as they are not hurting each other*, you don't have to break up every "fight." But don't allow hitting or hurting. Hitting hurts and doesn't teach a positive lesson.

Children can learn from arguing and fighting. If adults explain the problem and help them learn to solve the problem, children will begin to understand the give and take that must happen in a family.

Help your children get along. Give older children a place of their own where their things are safe from the baby. A high drawer will do if older children can't have their own room. Or let them play on the kitchen table, away from the baby.

Point out to your older children how much the baby looks up to them, how he imitates them and wants to be like them. Suggest things they can do to play with the little one — like rolling a ball to him or reading him a book.

Give *each* child some of your full attention each day. Your children may resent the baby if he always interrupts their time with you.

Finally, don't always take the baby's side when you do step in. Talk to them about what happened. Then separate the children for a few minutes without taking sides. You don't want to always be in the middle.

## Helping Curiosity Grow

A child interested in the world around her and given freedom to explore will observe and learn. She will learn best when she directs her own learning, not when you try to force something on her.

**You can help make her world an interesting, exciting place. Here are some ideas:**

**Sight:** Brighten your 9-month-old's surroundings with colorful toys, room decor and clothing. Put pictures and unbreakable mirrors at the child's eye level.

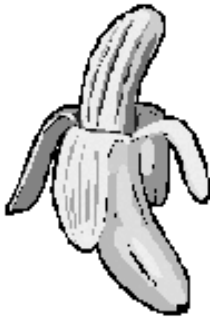
**Hearing:** Let her listen to music on the radio, records, CDs or tapes. Hang wind chimes or a chime mobile. Talk and sing to her.

**Touch:** Give your child textures to feel — soft, hard, smooth and rough. Many items in your home are interesting to feel. Touch your baby and let her touch your skin, hair and clothes.

**Taste:** Let your child try new and different foods.

**Smell:** Give your baby chances to smell new things like soap, perfume, food and flowers.

Most of all, try to see and hear things as your baby does. Share the experience. You can make learning fun.

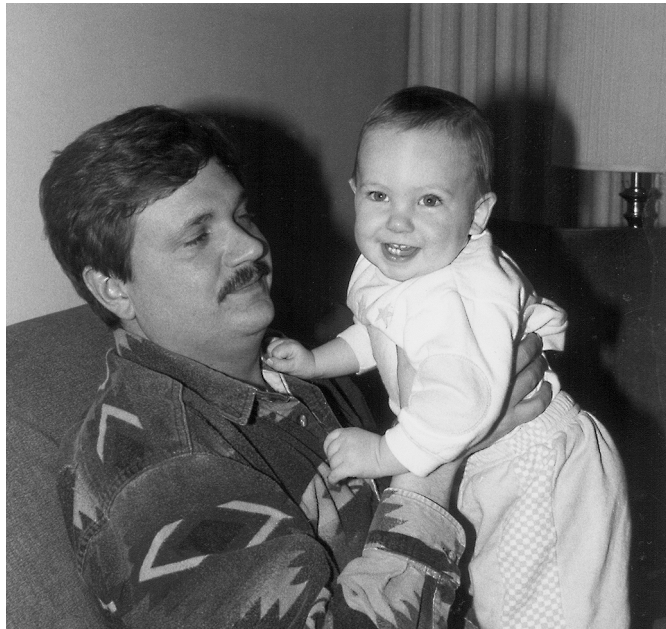


## Finger Foods Your Baby Can Feed Himself:

- Small pieces of soft, mild cheese. Large chunks can cause choking.
- Soft toast, O-shaped cereal, cooked pasta, graham crackers.
- Cooked vegetable chunks (potato, carrot, peas, green or waxed beans, zucchini, sweet potato).
- Peeled soft fruit wedges or slices (banana, peach, pear, plum, avocado, melon).
- Soft, tender, small pieces of cooked meat.

## Avoid the Following Foods That Could Choke Him:

- No hard foods, such as nuts, raw carrots, popcorn, hard candies, raw celery or other hard round foods.
- Spoonfuls of peanut butter.
- No round foods, such as grapes, raw cherries with pits, uncooked peas and hot dog circles. Hot dogs can be given to him if they are cut lengthwise and then into smaller pieces.



## Small and Large Muscle Development

Your baby will be able to accomplish some small muscle skills this month. He may even be able to do some of the things you have been doing for him. Don't be surprised if he tries to feed you. He will be thrilled as you eat what he feeds you.

He may try to build towers with blocks or toys. He can pick up small things with his first finger and thumb and large things with both hands. He can poke his fingers into holes or into anything that looks interesting.

### Cover all electrical outlets.

Using his large muscles, your baby is probably crawling and well on his way to walking. He can crawl and turn around while holding onto something with one hand. He may be learning how to crawl up stairs, too. He has learned how to sit by himself and turn around without losing his balance. He may even be able to stand up and sit down without pulling on furniture. Soon he will be walking on his own.

### The age at which your baby will begin to walk depends on his:

- Weight (can he support his weight).
- Temperament (his character or nature, whether he is determined, shy or calm).
- General rate of development (the speed at which the bones and muscles mature).

Most children go through the same stages, but at different paces. Your baby may be the first or the last on the block to do everything. There's really not much you can do to hurry or slow his growth. Nevertheless, it is always a good idea to help him exercise his large muscles. Help him kick, splash water, wiggle his toes, stretch and roll over. Give him lots of freedom to move about.



## Balancing Work and Family Life

Do you feel like you're always behind schedule or wish you could just quit? If so, you may be among tens of millions of people in the United States who suffer from job- and family-related stress, a problem that's far more common than either workers or employers have previously realized.

A little planning and cooperation from each family member can go a long way when it comes to balancing work and home life tasks. **Remember:**

- Allow family members to have some choices about the tasks that need to be done.
- Vary the tasks so no one person is overwhelmed or bored with helping out.
- Examine your standards. Avoid being a perfectionist.
- Avoid doing for children what they can do for themselves, as long as it's appropriate for their ages.
- Plan for each adult to spend time alone with each child daily.

## Taking Control During Stressful Times

The two most stressful periods of the day are the "morning rush" and the "homecoming."

### Avoid the Morning Rush

- **Start going to bed and getting up earlier.**

Move bedtime up by 15 minutes at a time until you adjust to the schedule you want. It may take your body a few weeks to adapt to retiring earlier, but in the long run, it will be easier for you to rise at an earlier time.

- **Place all items you need in one familiar location.**

Place near the door your packed diaper bag, keys, briefcase, purse, school supplies, important papers and letters to be mailed. Keep a petty cash fund handy for all those times you may need money.

- **Make clothing choices for the next day.**

Laying clothes out the night before helps make morning dressing easier and hassle free.

- **Pull yourself from your pillow at least 1 1/2 hours prior to leaving for work.**

A few more minutes added to your morning preparation time can prevent frantic dressing, no breakfast and forgotten tasks that need to be done before leaving for work.

- **Take time for breakfast.**

Set the breakfast table the night before — a good task for a younger child. Sit down for 15 minutes and eat a light, wholesome breakfast. If you're on the run, grab a piece of fruit, cheese and crackers, a muffin or a small sandwich to eat while commuting or during a morning break.

- **Reward yourself for arriving at work on time.**

You'll be surprised how good you feel when you arrive at work on time and relaxed! Later, treat yourself to something you would not normally do: a relaxing bath, a visit with friends or reading a new novel.

### The Homecoming

- **Changing clothes**

The simple action of changing clothes can make the transition from work to home easier.

- **A quick snack**

A nutritious snack will help relieve family members' hunger. With a little planning, this snack could be the first course of your dinner — salad, soup, crackers and cheese. This snack will give you extra time to prepare a family meal.

- **Meal time**

Plan menus, shop for groceries and prepare ahead as much as possible.



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**DEPARTMENT of HEALTH**

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## Help Is Out There

### Finding a Job

Job Service North Dakota may be able to help you find employment. Call your local office or the state office, at 701.328.2825 or visit [www.state.nd.us/jsnd/](http://www.state.nd.us/jsnd/).

Through a network of Adult Learning Centers, North Dakota offers opportunities for adults age 16 and up to go back to school at their own pace and on their own time. The Adult Learning Centers offer flexible hours and work with students on an individual basis. Services offered at the centers are free. Interested in improving your basic academic skills, brushing up on how to get a job, getting your GED, finishing your high school diploma or getting financial help for school? Call the Department of Public Instruction at 701.328.2393.



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